

Hamstring Belt Stretch

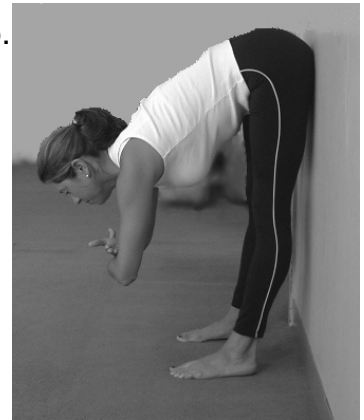
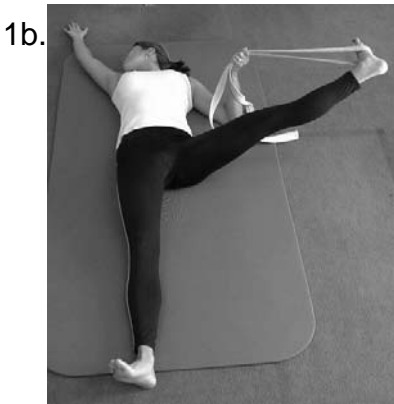


1a. Secure a strap/belt around the ball of left foot. Holding strap in both hands, bring left leg toward your face until you feel a stretch behind the thigh. Keep knee locked and elbows by your sides. Tighten the opposite quad to keep right thigh in contact with the floor. Hold 60 seconds.

1b. Hold both straps in the left hand and drop left leg out to the side, keeping knee locked. Tighten right buttock to prevent pelvis from rotating. Gaze at the right hand as you extend it out to the side and overhead. Hold 60 seconds.

1c. Transfer both straps to the right hand and bring left leg across your body, keeping knee locked. Allow your lower back and hip to rotate. Gaze at the left hand as you extend it out to the side and overhead. Hold 60 seconds.

Repeat on opposite side.



Butt up the Wall

2a. With your hands, lift and place your buttocks against the wall. Cradle arms and keep your back flat as you hinge at hips. Don't bend from lower back.

2b. Release forward until you feel a stretch behind thighs. Relax neck and head downward. Hold 45 seconds.

Forward Bend



3. Stand tall with feet together. Slowly bend forward, hinging at the hips, until you feel a comfortable hamstring and lower back stretch. Keep weight forward into toes. Hold 30-45 seconds. Unroll segment by segment beginning from the sacrum and ending with the head.